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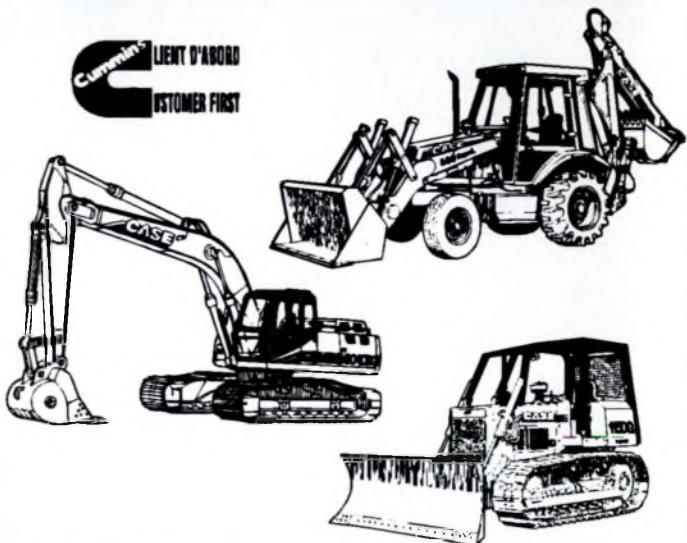
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## QUEBEC-CREE MOU: MONEY OR UNITY?

The Quebec-Cree Memorandum of Understanding just won't go away, it seems. *The Nation* received some documents in the mail. They contained the breakdown on what each community would receive under the Quebec-Cree MOU process. The breakdown numbers have some people mad. The differences in how much some communities came away from the table have some angry voices talking.

They're asking for a debate on how funding decisions are made. It was pointed out that the chief negotiator's community came out as one of the winners in the negotiations (see News, page 7).

This time it was money that was the issue of the Quebec-Cree MOU and not just Cree rights. Looks like this issue is not only staying around but it is growing and sparking more debate throughout the Cree territory.

Anyone could have told you that a lack of consultation and debate will always come back to haunt you in a democracy. The only alternative when you want to keep information in a tight, select group of people without feedback is to form a dictatorship, and I don't think that the Crees are ready for this as of yet. Therefore, when even the chiefs didn't get a chance to preview the whole Cree-Quebec MOU package, as the rumour goes, then there are bound to be these types of problems.

Without consultation, in all fairness, there will be opposition no matter what and this is healthy. Perhaps the chief negotiator cut a few corners because even getting Quebec to acknowledge its obligations was long hard work. Perhaps it was because after so many years he knew this was the best deal that he could get.

Whatever the reasons, the impact of those decisions has to be felt at the top. Without consultation there will be the repercussions and questions that are being asked today. I, for one, am glad to see people are responding to the situation and looking for ways to correct it.

It does not mean it will be easy. A case in point is the recent attempt to make the community housing allocations more objective. It would have meant that the needs of the Cree communities would have been the deciding factor in how much housing each community received. It was predictably shot down because the numbers quoted in the submission were apparently too "old." A simple solution would have been to put the new numbers in to reflect today's reality. It was not done because this, I guess, was the plausible excuse not to do it. The status quo lives on, the power struggles continue and the needs of the people be damned. Or so it seems.

We must work to change such a status quo. Getting the GCCEI and Council/Board to live up to their full potential will be hard work and this work should start at this year's annual Cree community and national general assemblies. Local band meetings are another area to keep informed and discuss what is happening. Local mandates to a chief can help them reflect what is needed to keep the Cree communities and nation strong. National mandates to the leadership can only make the nation stronger. In all cases it will begin to reflect the desires of a consulted people and these problems would hopefully be a thing of the past.

By William Nicholls

*the Nation*

# CONTENTS

NEWS

5 DIABETES EPIDEMIC  
WORLD-CLASS PROBLEM

5 COMMUNITY ISSUE  
DIABETICS NEED SUPPORT

7 THE BREAKDOWN  
WHO GOT WHAT IN MOU

9 BRIEFS - Mist. Karate,  
Sniffers, Beware

NEPJI

10 6 ·ÄÄLDÄS·  
GIVING BIRTH ALONE

COVER

12 MOTHER'S DAY  
AND WEDDINGS

WWW

19 WORLDWIDEWEBB  
MIYUU@MAIL.COM

CREE@LARGE

26 RAGIN' KATEJUN  
SEZ: ABEL FOR GC

ON THE COVER  
Wedding, Archival photo

Design: Katerina Cizek

MAY 8, 1998

I was looking for the Truth and I had exhausted the traditional avenues for said search. The various churches, newspapers, magazines, books, creeds, TV, friends and what have you. So I got on the Internet. I typed in, "The Truth." It was instantaneous. I had a million or so matches for the truth. But it still wasn't enough. I knew I had no other choice but to go on bended knee to you, the always faithful, fearless and brutally honest *Nation* reader.

Please answer as honestly as possible and as many questions as you dare. Mail, E-mail, fax or drop off this handy tear off page and your name and address to our office complex. It's important and these things mean a lot to you. A mystery prize will be awarded to the reader who sends in his or her answers first. What the hell, a prize for the last one too. Who's with me!?!?

**1** Have you ever been in a bar room brawl?  yes  no

**2** How many of the 10 commandments have you violated? (please list)

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**3** How much would you sell a kidney for?  
\$ \_\_\_\_\_

**4** Have you ever:  
 seen a UFO  been abducted  
EXPLAIN:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5** Favourite drink  
\_\_\_\_\_  
\_\_\_\_\_

**6** Have you ever eaten "food" out of a dumpster?  yes  no

**7** Do you have a wacky neighbour like Kramer?  yes  no

## QUESTIONNAIRE

**8** Have you ever lied (about):

- to get laid
- to get a job
- to get out of job
- age
- weight

**9** Marital status:

- single
- married
- still looking
- getting desperate

**10** Have you ever read anyone's mail?  
 yes  no

**12** What's the worst thing you've ever done to someone?

---

**13** Have you ever been indicted?  
 yes  no

**14** Do you believe in heaven and hell?  
 yes  no

**15** Have you ever seen a ghost?  
 yes  no

**16** Do you ever talk to yourself?  
 yes  no

**17** Has your mother ever told you you were special?  yes  no

**18** Have you ever filed for income tax?  
 yes  no

**19** Have you ever cheated on an exam?  
 yes  no

**20** Did you ever read someone else's diary?  yes  no

**21** Have you ever worn your underwear inside out because you ran out?  
 yes  no

**22** Have you ever been to a psycho analyst?  yes  no

**23** Do you wanna be startin' somethin'?  yes  no

**24** Most cash you've stolen: \$ \_\_\_\_\_

**25** Do you like your drinks:  
 shaked  stirred  straight up

**26** Your final thought: \_\_\_\_\_

Please send your questionnaire addressed to:  
"The Truth" • Nation • 5678 Park Ave.  
P.O. Box 48036 • Montreal, QC H2V 4S8 •  
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**editorial board**

Ernest Webb, William Nicholls, Alex Roslin

**director of operations**

Catherine Bainbridge

**iylyuu ayimuun editor**

Brian Webb

**photography**

Neil Diamond

**graphic design**

Katerina Cizek

**director of finances**

Linda Ludwick

**director of marketing**

Rhonda Sherwood

**director of northern sales**

Deantha Edmunds

**director of sales**

Johanne Grenon

(Chibougamau 418.748.4229)

**sales representative • Val d'Or**

Yvon Boisvert 819.874.6977

**special projects**

Stella Lameboy, Nancy Bobbush

**layout & production**

E. Webb, A. Roslin, W. Nicholls, N. Diamond

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**Please address correspondence to:**

*The Nation* Production Office

5678 Park Ave.

P.O. Box 48036

Montreal, QC H2V 4S8

**Editorial**

Tel.: 514.272.3077 Fax: 514.278.9914

*The Nation* Head Office

P.O. Box 151, Chisasibi, QC J0M 1E0

e-mail: [beesum@odyssee.net](mailto:beesum@odyssee.net)

on the web: <http://nisk.creanet.com/~nation/>

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# Nation

## DIABETES IS A COMMUNITY ISSUE

Diabetes has become such a problem in the Cree world because of the sudden changes in people's lifestyles.

For many Crees, the healthy food and lifestyle of the bush have given way to a diet of processed food and a non-active way of life.

And that has led to diabetes, which is triggered by lack of exercise and a poor diet of too much sugar and fat.

Many other First Nations people have experienced the same worrisome phenomenon. The worst situation is in those communities close to non-Native cities.

Diabetes can lead to damage to eyes, kidneys, nerves and arteries. It is a leading cause of amputations, heart problems, blindness and impotence.

The best way to avoid and treat diabetes is to change your diet and exercise. Medicines can help control the illness, but health workers say too many people with diabetes use medicine as a crutch. Many people are able to get the illness under control by exercising and eating less fat, less sugar and more fibre.

People with diabetes also need the support of their families and communities. When they're trying to change their diet, it helps if their family is supportive and if there is diabetes-friendly food available at community feasts.

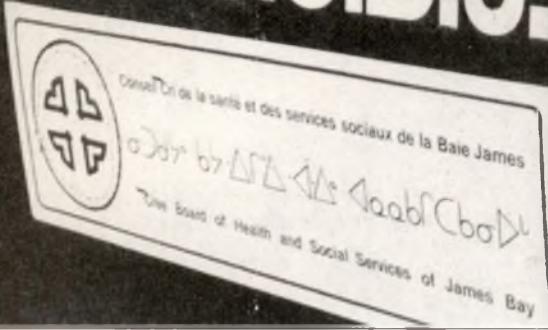
When cooking with oil, consider using vegetable oil or olive oil, instead of lard. Or better yet, use goose drippings (akuhchimuu/bimii), which is "very good fat," according to Dr Robert Harris of the Cree Health Board. "It's even better than vegetable oil," Harris said.

The health board once used to advise people not to use goose drippings, but recently learned that they are actually very good for you. "This is a new discovery for us. We're learning too," Harris said.

Harris said the health board and communities have to do a better job. "It's such an epidemic that we have to do better."

He would like it made easier for people with diabetes to exercise. Walking clubs are one idea. Also, fitness centres should be made more open to Elders, who are sometimes shy about going there. -Alex Roslin

# C.C.S.S.B.J.



## DIABETES EPIDEMIC WORSE THAN EVER CREESES HAVE ONE OF HIGHEST RECORDED RATES IN WORLD

Crees have one of the highest rates of diabetes recorded anywhere in the world, according to figures from the Cree Board of Health and Social Services.

In some communities, 19 to 24 per cent of adult Crees have diabetes, according to the latest health board figures.

Only two other populations anywhere in the world have reported higher rates, the Micronesians of Nauru and the Pima Natives of the United States, according to the Canadian Diabetes Association.

These two groups reported rates of over 40 per cent. Four per cent of Canadians are diagnosed with diabetes.

Cree women also have the second-highest reported rate of gestational diabetes in the world, according to the health board.

Thirteen per cent of Cree women were found to have the illness. The highest rate is among the Zuni Natives of New Mexico, who reported a 14.5-per-cent rate in a 1987-90 survey.

Gestational diabetes is a type of diabetes women get when they're pregnant. It usually disappears after the pregnancy is over, but it leaves the woman at a higher risk of getting diabetes later in her life.

"We have to call it an epidemic," said Dr Robert Harris of the Chisasibi Hospital. "It is a real call for us to improve our services for diabetes."

The health board is engaged in a campaign to educate Crees about diabetes and train its staff to handle the illness better.

The health board has compiled the first annual Cree Diabetes Registry, which states that at least 607 Crees have diabetes, or 8 per cent of

the Cree population aged 15 and up. That's double the Canadian average.

It's also up from the 435 Crees found to have diabetes in a 1993 survey, and the 234 Crees found to have the illness in 1989.

The diabetes registry is the most complete survey of the illness in the Cree communities, but already it looks like the numbers are out of date.

"I've already found people not on the list," said Mavis Verronneau, diabetes educator with the health board.

In Eastmain, Verronneau says, 41 people now have diabetes (the registry lists only 28), while in Waswanipi there are 129 (the registry lists 96). That gives Waswanipi one of the highest rates of any community, at 19 per cent of those aged 15 and up.

The hardest hit communities are those in the south. In sheer numbers, Mistissini is by far the hardest hit with 186 cases, or 11.4 per cent of people aged 15 and over.

Verronneau said nurses in Mistissini report the real number is actually 400 cases, but that has yet to be confirmed. If that number is accurate, it means almost 25 per cent of Mistissini adults have diabetes, the third highest recorded in the world.

O.J., Eastmain, Nemaska and Waskaganish are all in the 8 to 9.6 per cent range, while Chisasibi, Wemindji and Whapmagoostui are between 4.9 and 5.1 per cent.

Two in three Crees with diabetes are women and 56 per cent are aged 50 and up, according to the registry.

The highest rates are reported by older women. Almost 39 per cent of Cree women aged 70 to 74 have diabetes.

*Say Alex Roslin*

# Best wishes to all the Nation-reading Mamas out there.

happy mother's day.

P.S. — Four things your mother would never say:

- 1) Will you turn that music up!!!
- 2) Will your "friend" be staying overnight?
- 3) Sweetie, your dress is just too long.
- 4) Forget the veggies. Let's have a beer.

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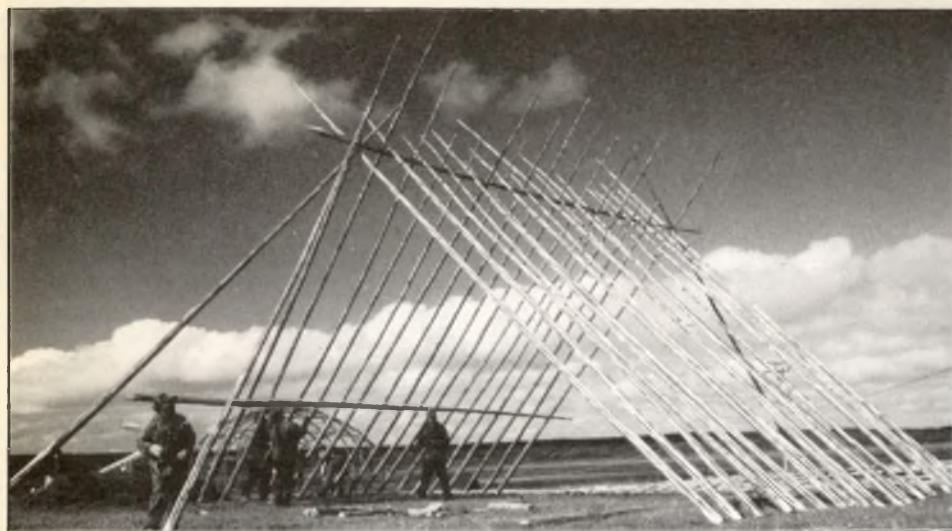
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## DEBATE GROWS ON HOW FUNDS DIVIDED

Is there enough community input into how chiefs divide up scarce funds between the communities? Should the decision be based more on the needs of each community, as opposed to backroom haggling?

The debate is growing because of how funds were divvied up in the Quebec-Cree "MOU" deal signed in March. Waskaganish got 13 times more money than Waswanipi per person under the deal, according to documents obtained by *The Nation*.

Waskaganish also got four times more than Chisasibi and Mistissini per person.

Waskaganish got \$3.36 million for the 1997-98 fiscal year, according to the documents. That works out to \$1,964 per Waskaganish band member. The money is to be used for community projects, like a police station, riverbank stability, relocation of community towers and a caring centre.

The community's chief, Billy Diamond, negotiated the deal with Quebec.

Waswanipi got the lowest amount per person, only \$147, while Chisasibi was next with \$404, followed by Mistissini (\$449) and Whapmagoostui (\$736).

Eastmain and Ouje-Bougoumou got even more this year in the deal than Waskaganish, but that may be largely explained by special circumstances in those communities. Eastmain has been waiting for years for a community arena and now is finally getting some of the needed money. O.J., as the newest Cree community, is still building up its infrastructure.

The documents also contain a breakdown of Cree funding requests to the Quebec government for the next five years (see sidebar, this page). If Quebec agrees to give everything the Crees request, which remains to be seen,

Waskaganish stands to get up to six times more than Chisasibi, Mistissini and Whapmagoostui.

The numbers are causing consternation among some band officials who think there should be a debate on how funding decisions are made in the Cree world.

"Maybe there is a big of conflict-of-interest involved there in the sense that if you're a negotiator you're on much more solid ground arguing your community's needs," said one band official in Mistissini.

The official also said the way funds are divided up is too subjective. He said chiefs make the decision without enough community input and politics plays a bigger role than actual community needs. There is no objective formula that guides the chiefs' decision and the chiefs who are most forceful or best prepared walk away with the most.

"That's part of the process we object to," said the official. "There needs to be some debate on that. Let's have some standards instead of deciding at meetings where the rules are unclear."

The official blamed the huge differences in funding under the Quebec-Cree deal on the power struggles and horse-trading that take place at the chiefs' meetings.

He said the same type of backroom haggling affects many other funding decisions in the Cree world, like funds for housing.

Mistissini has proposed a formula that the chiefs could use to make sure communities get funding based on need, not politics. But not all communities agree on the need for change, said the official.

"The positional bargaining that takes place favours certain communities, so they don't want to adopt objective standards."

*By Alex Roslin*

## WHO GOT WHAT IN DEAL WITH QUEBEC

Here, finally, is the breakdown of who got what in the Quebec-Cree "MOU" deal. The information comes from documents mailed anonymously to *The Nation*.

A month ago, we requested these same documents from the Quebec Native Affairs Ministry under the Access to Information Act. The law gives officials 20 days to respond to such requests, but we're still waiting.

A complaint has been filed with the Access to Information Commission...

### Whapmagoostui

97-98: \$470,000 (\$736/person)  
5 Yrs (Cree request): \$3.7 million  
(\$5,508/person)

### Chisasibi

97-98: \$1.3 million (\$404/person)  
5 Yrs: \$15.8 million (\$5,065/person)

### Wemindji

97-98: \$1.3 million (\$1,261/person)  
5 Yrs: \$11.3 million (\$10,911/person)

### Eastmain

97-98: \$3.45 million (\$6,699/person)  
5 Yrs: \$8.4 million (\$16,282/person)

### Waskaganish

97-98: \$3.4 million (\$1,964/person)  
5 Yrs: \$41.4-\$51.4 million (\$24,177-\$30,018/person) Note: This amount includes \$25-\$35 million for the access road, being negotiated under a separate process. A deal on this is expected soon.

### Nemaska

97-98: \$763,000 (\$1,462/person)  
5 Yrs: \$10.4 million (\$19,896/person)

### Mistissini

Year 1997/98: \$1.2 million (\$449/person)  
5 Yrs: \$14.8 million (\$5,065/person)

### Waswanipi

97-98: \$200,000 (\$147/person)  
5 Yrs: \$18.3 million (\$13,304/person)

### O.J.

97-98: \$1.45 million (\$2,575/person)  
5 Yrs: \$18.6 million (\$32,992/person)



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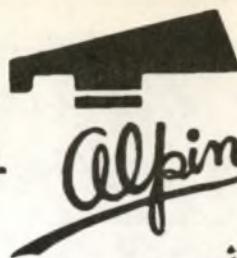
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## MISTISSINI KARATE CLUB

### GETS SIX MEDALS

Last April 4, Mistissini's Karate Club traveled to Amos, Quebec, for its first tournament ever. It took place at Polyvalente La Foret, and when it was over Mistissini walked away with six medals.

Twelve-year-old Noah Cheechoo won a gold medal in orange-belt fighting. Kenny Wapachee, another orange-belt, took the bronze in Kata. Katas are a series of moves this 15-year-old had no problems with. The youngest medal winner was Marvin Gunner, aged nine, who fought his way to a bronze medal in the orange-belt fighting category.

The big winner was Sensei (teacher) Patrick MacDonald, a 2nd dan black belt. MacDonald won 1st place in fighting to get the gold medal. He also claimed gold in Kata and Silver in team Kata.

Other team members who attended the tournament were Kelly-Anne MacLeod, Louise MacLeod, Nekamoon Mitchell and Maunianne Mitchell. Families of the team also attended to show their support.

### SNIFFING OUT THE PROBLEM

Many Crees now talk about drinking and drugs in the communities, but the

growing problem of sniffing among children is less out in the open.

"We are certain that children are sniffing in some communities, and suspect it is happening in all the communities," says Bob Imrie, health promotion officer with the Cree Health Board's Montreal office.

Kids usually sniff to imitate parents or family who are drinking heavily. Solvents like gas, nail polish remover and glue are sniffed

because they are free, easy to get and not illegal.

"Lock your gas and other solvents away from kids," says Imrie.

"Sniffing is very dangerous. If used repeatedly, it causes severe and permanent brain damage. In some cases, it can kill."

To combat sniffing, the Cree Health Board has supported the creation of an activity book for children that will soon be available in all schools.



### Sniffing kills



# 2 Mags

**THIS ISSUE:** magazines. One of the most unique magazines in Canada (other than *The Nation*) is FRANK.

Based in Ottawa, FRANK gives you the unsanitized inside dirt on the political scene, plus all sorts of inane gossip that's fun to read. FRANK is the "gutter press" at its finest. Or worst (depending on if you're the target).

Here's a sample from one of the columns, Dick Little's Canadian Beef: "Sorry to hear about Tammy Wynette. Can't count how often I got laid, got sick or passed out listening to her songs. No wait, it's coming to me: Not one goddamn time!"

Matter of fact I can't remember any of her songs, except the one I always request at my weddings and the one the wives sing to themselves when they start packing their suitcases. Still, it's too bad it takes a tragedy to make a fellow ask himself the big questions, like how can George Jones still be alive when my doc is telling me to cut back on the hard stuff? Almighty, I feel a hurtin' song coming on..."

FRANK's sources may not always be TOTALLY reliable (like when they said the Crees never lived in teepees), but where else would you find out which province's premier is allegedly a former drug dealer?

#### FRANK

Subscriptions: \$45 for 26 issues  
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COVERTACTION QUARTERLY is one of my

### DIAMOND DISCOVERY

Diamonds have been discovered in the Cree territory in the Otish Mountains about 300 km north of Chibougamau. Preliminary drilling holds promise, according to Tom Hashimoto, president of Ditem Explorations Inc. Ditem drilled six holes and found four diamonds.

"That's a good start. We're very optimistic," said Hashimoto. The diamonds are known as macros and Hashimoto expects more macros will be found.

It's not the first time Hashimoto has been in the Cree territory. As a worker for the provincial Mines and Natural Resources Ministry, he made various trips in Cree territory. During the days when Chibougamau was a boomtown, Hashimoto met such people as Chibougamau Joe and Harry Meskino.

Ditem will be drilling in other areas. The company has staked out 162 square kilometres that they intend to explore. Ditem's shares are selling at \$3.50 a share and they have released 3 million shares for sale on Montreal's stock market.

### CORRECTION

Last issue, we incorrectly identified Mary-Jane Moore as "chief" of the Senneterre Crees. Her title is actually official representative of the Senneterre Crees. We apologize for the mistake.

favourite magazines. Started by ex-CIA officers, CAQ contains some of the best investigative journalism being done today.

The current issue features a profile of Paul "The Electrician" van Vuuren, a torturer in South Africa's apartheid regime. We meet his wife and child, and then learn how he studied the torture techniques of the SS in Nazi Germany in his spare time. "It was exciting days, those years," he said. "At times I could not wait to do it. They say to kill is like sleeping with a woman. It's true."

Back issues include stories on the Canadian spy world, AIM, Leonard Peltier, the CIA-drugs connection, mercenary armies, mad cow disease, CIA occult research, etc. Cool.

-Alex Roslin

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# Mother's Day Contest

## Winning Letter:

### I LOVE MY MOTHER

I love my mother because she is there when I need her. She is always there to understand what I have to say. She is always there to comfort me when I'm feeling sad or guilty. I often stop to wonder, if it wasn't for my mother, what would I be, where would I be. My mother is my inspiration. I love her because she means the world to me. My mother was the first person I knew and my mother will be the last person I will forget. And I still won't forget her even if she ever leaves. My mother is more than a mother to me; she is my best friend. Surely we have our ups and downs, but we always let them go like the wind in the air... And I'll love her for always.

Trudy Mark, Age 12

Secondary 1, Maquatua Eeyou School  
Wemindji



Congratulations to **Trudy Mark's Mother** in Wemindji!

You are the winner of *The Nation's* 1998 Mother's Day Contest! Because of the wonderful letter sent in by your daughter, you have won (drum roll) :

- **Two free return tickets from your community to Montreal on Air Creebec, the airline of choice for Cree travellers, (value \$2,742.10).**
- **Three nights stay in a suite at the Hotel du Fort, located on St. Catherine St. and Du Fort, in downtown Montreal (value \$900).**

Congratulations and Happy Mother's Day!!!!

The winner was selected from entries sent in from various schools.

Thanks to all the students who entered our contest. The decision to choose a winner was extremely hard; we received so many entries and they were all very beautiful and well written.

We apologize for not having enough space to print them all in *The Nation*.

We also thank Hotel Du Fort and Air Creebec for sponsoring this contest.

My mom's name is Linda Orr. She's from Nemaska. My mom is special because she gives me a daily kiss and hug. That's how she shows me she loves me. She always makes me laugh with her great sense of humor. She's a great friend that I trust a lot. She makes the whole family feel special with her hugs, kisses and smiles. She knows how to cheer me up when I am feeling down. She's always there when I need her. She knows me so well she can tell instantly if something is bothering me, and for all the love that she shows me I give some things in return. I try to make her proud with my report card. I clean up the house (once in a while), and I baby-sit my little sister for her. I love my mom very much and Mom, sorry if I pass my curfew once in a while.

Katrina Orr  
Secondary 2, Lake Mettawekum School  
Nemaska

My mom is special because she loves me. She makes me laugh. She makes me cry. She buys junk food. She plays cards. She plays games. She buys my clothes. She will always be my mother and my best friend cause we always share the good times and bad times. She tells us her stories and we laugh and cry. I love her because she is special to me. She is my mother and my best friend and always in my heart. Happy Mother's Day, Mom. Take a day off! I love you Mom, forever.

Love, Joshua Wapabee  
Lake Mettawekum School  
Nemaska, QC

My mom is so special. She brought me into this world. She is the sweetest person in my life. I am grateful that she is my mother, because she took care of me when I was sick, sad and happy. My mom is the sweetest woman in my life because she carried me for nine months and was in labor for two days. I just wanted to tell my mom I love you so much. I'll never forget you, Mom!

Pearl Matowahom  
Grade 6, James Bay Eeyou School  
Chisasibi



*Portraits of  
mothers from  
Maquatua  
Eeyou School,  
Wemindji*

### WHY MY MOM IS SO SPECIAL

My mom is special because she is the best mother ever. She is kind, loving, funny, gentle. She also likes to tell stories about when she was young.

I am very proud of her because she donated a kidney to her brother. My cousin, uncle and two of my aunts and I went to Montreal to see them after the operations. We were staying at my uncle's place. My mom had the operation first and then my uncle. My mom was happy to see me because she didn't see me for a long time.

She likes to talk to me about what's right or wrong. She always tells me exactly how to do things. She helps me do things like homework. We always have conversations about life.

*Lorna Visitor, Age 13  
Secondary 1, Maquatua Eeyou School  
Wemindji*

### MY MOM IS SPECIAL

My mom's name is Theresa Maria Paula Georgekish. I love my mom very much. She works at the school. She is a teacher.

My mom gives me curfews and disciplines me. However, I can easily talk to her about anything, like drugs, alcohol, feelings and rules. I'm glad that I have an open relationship with my mom. I can understand why I have to be disciplined.

My mom works very hard to take care of the family. I try to help her all I can.

*Grade 6  
Maquatua Eeyou School  
Wemindji*

### *In loving memory of the late Marianne Winnie Bearskin- Pashagumiskum*

*October 16, 1940 to November 12, 1996*

Our dear mother passed away on November 12, 1996 at the Chisasibi Hospital. Our mother, Marianne Winnie Bearskin-Pashagumiskum left behind her husband Eddie Pashagumiskum. They had four daughters, Janie, Elizabeth, Alice and Gloria. Our mother was the kind of woman who thought of others first, before herself. She especially had a place in her heart for every child she met. I guess that is why she took teaching as her career. There were never any complaints from her except when it came to kids. She could not stand to hear about kids being neglected or mistreated. Our dear mother had a really big heart which was filled with love for her family and everybody else that touched her life. I guess people who knew her, know what I am trying to say. When she was very sick and in the hospital, she still apologized to the staff, thinking she was bothering them too much. One day, I went into her room, I saw that she was in so much pain. I asked her why she did not ring for the nurse. She just answered : 'I don't want to bother them because they are probably attending to the patients here in the hospital'. This is just an example of what she was, always thinking of others first. There was never a day when she did not smile or laugh until she was too sick. I guess God could not resist her kind heart and happiness, that he just had to have his Angel back. God saw that she had finished her work here on this earth and called her back home to Heaven. There, she is no longer suffering and is completely at Peace with her Creator. I miss her so much. There is not a day that goes by that I do not think of her. I miss her kindness and laughter. I miss her, especially when I am feeling down and need somebody to talk to. When I need somebody to tell me that everything is going to be all right.

She has taught us (my sisters and our children) so much about life and love, and we will keep it in our hearts and lives. I will never ever forget what a good and loving woman my mother was.

I would like to thank all the people that helped my father, Eddie; my sisters, Elizabeth, Alice and Gloria; my husband, Archie; my brothers-in-law, Roger, Ricky and Bertie; our children, April, Archie Jr., June, Angie, Eric, Greta, Eddie, Rosalind, Brent, Shayne, Nathan, Miayobin and Josephine, through a very difficult time. It has been over a year since we lost our mother but, there are still people who help us with their smiles and kind-hearted talks with us. If only we could tell you people how much we appreciate all that you have done for us. There are so many names I could mention, I would need to write a book. Special thanks to our aunts and uncles; Coonie, Miller, Maudie, Eddie, Emily, Larry, Nancy, Noah, William, Lucy, John, Allen, Jimmy, Diane, Billy, Lilly, Robbie, Sarah, John, Linda, Molly, Victor, Susan, and all our cousins. Thanks to my mother-in-law, Winnie for being there for me. There are people who brought food for my father and us. Sympathy cards were appreciated very much. All the employees of the Cree School Board who came to pay their last respects, helped us a lot. Please do not forget what she believed in, which was keeping our language and helping the kids learn it.

This little article I would like to dedicate to all the 'Mothers' for this Mother's Day. So, all of you who are lucky to have mothers to hug and kiss, this Mother's Day, wish only the best for them and tell them that you love them. It is really lonely at times when you don't have a mother to hug and kiss. Respect your mothers for who they are, because they only want what is best for you and they love you with all their hearts.

Again thanks to all who helped us through the most difficult time in our lives. A special and heartfelt thanks to my husband, Archie, who put up with me when I got angry at life. I love you for what you have done for me.

*Janie Pashagumiskum-Moar  
Chisasibi, Quebec*

# Planning a



## Choosing a Caterer

Most of us are lucky to have grandmothers who will cater a wedding feast. You can always taste it and it tastes so good!! But Suzanne Chibougamau has been asked many times if there are some tips she gave us.

### *How to choose the best caterer*

- First ask around how many caterers you know of 100, 200, or more. Ask for these answers before you decide.
- The best time to start planning. Prepare for at least 10 hours. During this time, many people will be involved in table decorations, etc.
- A good caterer will have staff in uniforms to serve food, wait staff, bartenders, clean-up crew, etc. for the head table, a choir, etc.
- When the time comes, ask your caterer for suggestions.
- You don't have a choice. Ask your caterer the amount of food you need to suggest some menu items.
- Most caterers will do a free tasting of the wedding, at this time, you can sample the food and verify the quality.

## Being Your Most Beautiful Self

- Sleep is one of the best factors in looking good. Unfortunately, preparing a wedding can be very hectic. Take some time every day (if possible) to go for a walk outside. Fresh air and oxygen is good for the body (and the mind and muscles). Try to be as relaxed as possible when walking down the aisle!

### *Little Details Make a Big Difference*

Clothes: Think comfort first. You will be sitting and dancing for many hours. (ouch!)

Budget: Decide this before you start shopping. It's important: rings, the dress, etc. You will need to budget accordingly.

Photographs and video: Think about what you want.

# What's in a Wedding?

terer

have a group of friends, sisters, aunts, mothers and put all their time, effort, and love into preparing a wed-  
days tell when love is put into the food that is prepared; it  
anne Cloutier from Boulangerie Patisserie Cloutier in  
receiving lots of calls from the inland communities. Here

about the caterer's reputation. Have they done  
Do they have experience in serving large groups  
re than 300 people? You should be satisfied with  
ore you decide to hire a particular caterer.  
Select a caterer is 4 to 6 months before the wed-  
the first meeting to last around one and a half  
s meeting, you and the caterer will discuss how  
be in attendance, the type of meal to be served, the  
and last, but not least, the wedding cake.

will offer you many options : waiters and waitresses  
serve at the tables, real or disposable dishes, arrange-  
ment of the reception room, the presentation of the  
choice of colour for napkins, and a guarantee of satis-

omes to choose the menu, don't hesitate to ask the  
tions; this is part of their job!

million bucks to spend on your wedding? Tell me what you want to spend and they will be happy to come up with menu ideas.

require the full payment 2 weeks before the  
time you will also need to confirm the exact number  
of guests and let him know if you would like to meet with him the last details of preparing the room.

## **Beautiful**

ials (and the least expensive).  
bedding can be stressful and  
day (an hour or two, if  
ide and breathe deeply!  
and for preventing wrin-  
possible when you walk down

, because you'll be standing  
This goes double for shoes.

anything else. What is most  
c., allocate your money

These memories won't fade over

## **Choosing the Ring**

This is a tough decision : where to buy them, who to trust? The wedding will come and go, but the rings will last forever.

In most cases, it is better to go to a reputable jewellery store rather than a department store where the choice and quality can be lacking. The staff in a jewellery store will also spend more time to help you find the right ring.

Don't buy the first ring you find in a store window. Take some time to talk to the jeweller. It's important to try on wedding bands first, not only to verify the size, but to make sure it looks good on your hand. Just like a shirt that doesn't flatter you, a ring can have the same effect. (And a shirt is a lot easier to replace than a gold ring!)

To get the best possible selection, start your search at least 6 months before the wedding. It's not unusual for people to have to order the rings they want.

*Here are some tips for choosing rings:*

- check the thickness of the rings: thin ones have more chance of breaking
- check the gravings : the deeper they are, the more the ring will wear out
- to choose the number of karats, remember that yellow gold is strongest at 10 to 14 karats; white gold is recommended at 18 karats.
- For diamond rings, heed this one important rule : Don't be fooled by size : not all large diamonds are better. The quality and the cut of the diamond is much more important. Quality over quantity!
- The average amount people spend on diamond rings and wedding bands is around \$700 to \$800.

## **Wedding Gifts**

If you don't register for gifts, and would prefer money instead of 5 toasters, you can put a little card in with the invitations specifying: *In lieu of gifts, money would be appreciated.*

the years. Whether you have a professional photographer or not, give him or her a list of the people of whom you want photos (bridesmaids, parents, group photos of whom, etc.).

- If you have the budget, put disposable cameras on the tables. The guests can take the photos they want, and then leave the photos for you to develop. You'll get photos from other people's perspective, rather than only having the standard professional photos. There will definitely be some surprises!

- Music will make or break the party. If you are hiring a DJ, give a list of requests you'd like to have played during the dance. If you only want country, tell the DJ, otherwise, you might end up listening to Lord knows what. Give the DJ the list in advance so that he/she will have time to get the CD's (or offer your own).

*The Nation*  
would like to thank  
**Jaymore in Val d'Or** for  
providing us with  
wedding preparation tips.

# GIVING BIRTH ALONE IN THE BUSH

Told by Sarah Ratt

We were inland that fall. Then winter settled in. We always lived with Bobby wherever we were. My husband and Bobby used to travel to work on their traps. When they left, they used to be gone for a week at a time. I think Daisy was five years old at that time.

I woke up very early in the mornings as soon as it was dawn. I used to tidy up inside my home, before I went outside to work. I was happy when I was outside cutting firewood. I used to prepare a lot of firewood. I used to cut firewood almost everyday. There were also night lines that I used to go and check. I sometimes left Daisy. I told her what she should do - such as not to do anything with the wood stove when I wasn't around. Luckily, the distance wasn't that far where I used to go. I used to let her come with me occasionally. I still did a little hunting for myself close by when I was left alone. Fortunately, we were not hungry because beaver was plentiful. We ate beaver and we didn't have much of other things. I cut firewood almost every morning. When the men came back, they used to bring beaver. And after a week, they would leave again.

Then it happened one morning. I still cut firewood that morning because I still didn't feel it very much. I didn't want my firewood to run out and I still made firewood ready for when I wouldn't be able to cut anymore. I felt that I was in labour and I knew that I would have the baby soon. I still didn't stop working actively outside. Then I thought I should bring in firewood. I didn't stop what I was working on actively because I was happy when I was moving actively when I didn't feel anything wrong with me. Then about midday when I felt the contractions occasionally. I stopped cutting the firewood because I thought that I already had enough firewood. I brought them in. I didn't bring in much for the time being.

I worked actively inside preparing. Then I felt my contractions were more often. I was sure then that it will happen. I prepared. I put water on the stove to get it ready. I felt the contractions more often. I didn't tell Daisy because she still didn't know what was going on. She was playing inside. I didn't say anything to her. I put a sheet where I would be able to lie down because that was what I saw done when a woman was giving birth. When I lay down, I didn't feel comfortable. I thought, I'll sit up instead because it was better for me to sit up. Then I only had a few contractions when I knew my child was emerging. Only when the baby emerged did I lay down. Then my child was born and I sat up.

I saw my child and it seemed that it was just a movement in a birth sack. I thought, why does it look like that? It was moving. I thought, I will bust this thing. I busted the sheet and she started to cry. I still didn't cut the umbilical cord. I was surprised to see this because I haven't seen a child looking like this.

I cut the cord after I did this. I cut it first before I tied the umbilical cord. What I did with the cord is where the cord has blood in it, I squeezed out the blood. Then I tied the umbilical cord closed.

I was worried that I might not be able to handle my child properly because there was no one around to look after her for me. Only what I thought, that is what I did with my child. There was no one there who could be close by.

As soon as a child was born, the child was washed immediately. I took the water that was on the stove and I poured it into a bowl. I wiped my child clean. Then I finished what I wanted to do and I put her in a moss bag. When I finished doing that, I placed her on the side. As soon as I placed her, the afterbirth fell out. It seemed as though I was watched to do what I had to do. That is what I think. I was doing well when that happened to me. I still was very happy even though there was no one near. Then I cleaned up myself and there was nothing wrong with me. I was mostly sitting up before I gave birth. I took care of myself and I didn't feel anything wrong with me. I occasionally fed the stove. Then night fell.

As soon as I finished taking care of myself, I wondered what should I give my child to drink. When a child was born in the bush, I saw that something was given to the baby to drink. I remembered the beaver broth that was there and I heated up that beaver broth because that was what I always drank. I heated up the broth before I could breast feed her. I gave her a drink with a spoon and she seemed to like it. She really drank quite a bit. That was what I used to give her to drink. I still placed my child on my chest and in the morning, my breasts began to flow. It seemed as though they flowed very well. I heated up the broth when I drank it because I was told not drink it when it was cold. I was told to be sure to heat up any broth that I drank. What I was ordered to do, that was what I wanted to do. I remembered that which was said to me, when I first had a child. I didn't forget that which was said to me, even though there was no one with me.

Then that night, she fell asleep. I prepared Daisy to go to sleep also. Then the firewood that I brought in all burned out because it was still day when I brought them in. I kept the fire going constantly. I thought, what should I do. I wonder if I should go out? Then I thought, I'll go out because I'll dress properly. I got dressed and went out. I brought in firewood. It was really a cold night. It was in January and it was really cold during that time. I brought in firewood and my sweat was turning to vapour in the cold. I stopped because I thought that would be enough for now and I would bring more in tomorrow. That night, I didn't sleep at all.

When I gave birth, nobody came by for seven nights. I didn't sense the presence of these men who were hunting for me also. I kept the fire going day and night because I had already prepared for when I wouldn't be able to cut firewood. That is why I constantly cut firewood. The men didn't have to cut the firewood for me because of the happiness I felt being active also. It seemed as though I wasn't tired. I didn't feel sleepiness because I wanted to take care of my newborn child.

On the eighth night, my living companions returned. My hus-

band came first. I didn't say anything as he came in. My lamp wasn't shining bright because beaver fat, porcupine fat, or lard was used for light long ago. He came in and kissed us as he returned. I still didn't say anything. He also kissed Daisy. As he was going to the back of the dwelling to undress, he said, "What are you guys up to?" He still wasn't aware that I had already had a baby. He still wasn't aware that I wasn't bulging anymore. "There is nothing wrong happening with us," I answered him. When I spoke to him again, I said, "I had already given birth." He exclaimed, "Waaasa." He was very regretful that he was gone. He said, "What are you doing with the baby? How are you? Are you fortunately doing well?" I said, "There is nothing wrong with her. There she is lying over there." He picked her up and kissed her.

Bobby still hadn't arrive. He said they came back and that they were fine also. My husband was regretful that he wasn't here when I gave birth. He still might not have midwifed if he was here anyway. Then Bobby arrived. He was told also that I already had a baby. He said he was regretful too. He said, "It was bad timing when we left." I guess they were worried about what might have happened to me when they were not here. Then I told them I still hadn't slept since I had given birth. They really were startled when I said this. My husband immediately said to me, "Really try to sleep tonight." He said to me, "You don't feel anything wrong?" I answered, "No, I have no thoughts there is anything wrong." I said, "You guys are not aware of the depleted firewood." He said, "No." I didn't burn the firewood that was far back. Only the ones that were near were the ones that I really burned. They seemed very regretful. I told them, "There is nothing wrong happening with us and I didn't think anything wrong even though there was no one when this happened to me." My husband immediately said to me, "Don't do anything." I said to him, "I have already done everything." I told him that I had already gone outside the night I gave birth.

I told them of the story of the morning after when I gave birth. I didn't have water. Daisy was already awake and I told her, "I'll fetch water." I fetched some water. The lake was a bit far from where we got our water. I got dressed. I chiselled a hole in the ice and it seemed as if I was warming up. I was then able to puncture a hole in the ice. Then I returned home with water. That was the small story I told them.

My husband said, "Try to sleep." This was on the eighth night. He gave me headache medicine even though I didn't have a headache. He said, "Take it, anyway." I still wasn't able to sleep. I wasn't feeling sleepy. I just felt frustrated when I lying there. I wasn't able to fall asleep.

The next night, on the ninth night, I was able to sleep for a while. I still didn't feel that there was anything wrong. I guess I was given the strength for which I did. I was not worried and I thought that there was nothing wrong. Even though there was no one there to help me, it didn't matter too because I thought there was someone who was looking after me from above. I didn't doubt the one who takes care of us from above. I didn't have any doubts and I didn't have any worries. I wasn't wishing that there was someone around when I was giving birth. I felt pleased inside and I didn't think there was anything wrong also when that happened to me.

The men who used to leave me didn't leave for a while after that. Of course they brought beaver again. I wasn't allowed to skin beaver, even though I was the one who always skinned beaver. My husband said, "Don't immediately work on anything that is cold." I had already washed the clothes of our child. I was already working with water. But I still wanted to take care of myself and not to

get myself cold. I really wanted to take care of myself.

My child was wearing her umbilical cord for three days. That was what I really wanted to take care of it properly. When her umbilical cord came off, it was completely dry. It wasn't moist like other children's umbilical cords. I was really happy when her umbilical cord came off. That was the only thing that worried me.

We didn't see the houses for a while because it was only until summer when we came to where the houses stood. My husband did that baptism ceremony. She was small when she was born. I don't know how many pounds she was because we didn't have weight scales when we were in the bush. He still did that baptism because we didn't trust ourselves if we were able to raise her before we could come to where the houses stood. Fortunately, nothing wrong happened with her.

Elijah Ratt and his family lived not too far from us. We knew that Maudie was having a child. We journeyed to them. I think it was about a month after when we travelled to where they were and that was where Charlie was born. I helped out when Charlie was born and I was the one who cut the cord also. Fortunately, nothing wrong happened to his mother. Charlie was also doing well. That was where I helped out midwifing also.

Later, we were here at the houses when we came down the river. I saw the old ladies who are no longer with us. They kissed me. They heard what had happened to me when I was the only one there when giving birth. They said to me, "You were truly strong and still nothing wrong happened to you even when you were alone." They said, "Don't do this again. Don't have a baby just anywhere." I didn't say anything. I just laughed at what they said to me. I wondered if they were the ones who were able to decide where I gave birth. That was what I thought of them. Of course, that was where many of my other children were born.

**Continued from page 11**

## Whapmagoostui



GRANDE BAY

# Cree Off-Shore Islands

Chisasibi

LA GRANDE-1

Radis

Wemindji

Eastmain

Waskaganis

GRAND COUNCIL OF THE CREE  
(EYOU ASTCHEE)

The Cree islands have always been considered by Canada to be part of the Northwest Territories.

In April 1999 Canada will consider them to be part of the Nunavut territory.

We have always known that the islands are part of Eeyou Istchee. It is time that we decide how to protect the Cree rights and interests on this part of our territory.

We have never been consulted by Canada or by the NWT government on this issue.

The Grand Council is undertaking the necessary steps to protect Cree interests and rights to this part of Eeyou Istchee.

GRAND COUNCIL OF THE CREE  
(EYOU ASTCHEE)

CREE REGIONAL AUTHORITY

CREE REGIONAL AUTHORITY  
ADMINISTRATION REGIONALE CRII

# world wide webb

Welcome to my first column. I will write, but not exclusively, about the Internet. As the name suggests it will be world wide. In the spirit of our mother's day/bridal issue I want to introduce you to my friend. A very good friend of mine. I have known her since October. I still have not seen, or shaken her hand, or even talked to her. I only talked to her on the phone for the first time just last week. She was, until recently, in Australia. She's now in the States. Her name is Kachine. She will be getting married next week with Dune. A Vegas wedding. However, there will be no Elvis impersonators. I met her on the Internet in Native American Chat. A Virtual Places room. It lets you "Chat" with other people from across the world over in real time with text scrolling in a window. You also get to see an "av," or Avatar, in the "room," which is a small picture that is a representation of you.

If you don't want to join and download the program you can go in as a guest, which limits your options though. I joined in September and I can be found there most nights. Since then I have seen many people come and go. Kachine has always been there. Our friendship has developed since. She has also developed a friendship with Dune, so special that they are getting married. They met and fell in love online never having each other. She moved from Australia to Vegas to be with her man. Here is her story.

Kachine: there's some important parts left out

Iyiyuu: oh

Kachine: so wanna know the part i didn't mention?

Iyiyuu: sure tell me

Kachine: k

Kachine: a few weeks before i came here to meet him - he broke up with me he got cold feet... i was ripped apart... never have i felt such pain... but he came back after a few days and we got to talking again...and decided we'll give it a try and see if after a week together it will work out... so when i arrived and when i turned around to see his face for the first time...he took one good look at me and vowed to make it work...and we've been happy ever since...those few days were the hardest days i ever had to face... i was so lost without him

kachine: and so was he.....he was just scared of not being able to give me everything

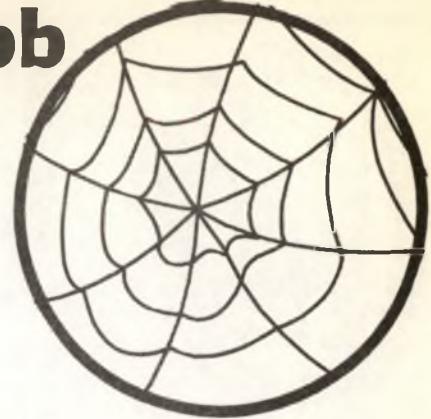
kachine: men huh?  
kachine: LOL (= Laughing out Loud)  
kachine: that was what i omitted  
iyiyuu: wow  
kachine: will that make a good story?  
iyiyuu: oh will it  
kachine: LOL cool

From Kachine and Dune's website:

## DESTINY FULFILLED

I know what you're thinking... You're thinking, "Oh no, not another corny virtual love story." Corny or not... love has its ways of finding you wherever you are and whatever you do. This page is about how LOVE stumbled into my computer... where it began and how it ended so unclench your teeth and read on - I promise, this won't hurt a bit....

KACHINE'S STORY... Destiny... a word best describes how Dune and I met... now it's a fulfilled destiny. Yes, I do believe it's fate... the day I met Dune was my first day in chat and he's the very first person I had the guts to send a personal message to. Then he disappeared for what seemed like eternity... I think it was almost a month before I saw him in the chat room again - a few days after someone just broke my heart and he was there to pick me up. So, every night after that we'd meet and talk for hours... got to know each other and pretty soon I couldn't wait till office hours were over... I start missing him more and more... I knew I was in love when I started seeing less and less of my friends and spend till 4 a.m. talking to Dune... then the day came when we both revealed how we felt - I think if I remember it correctly, I was the first one who admitted how I felt and that I have fallen in love with him. My friends thought I lost it... although I don't blame them for thinking that way - I mean, how can anyone fall for someone he/she hasn't met in real life... but as we all know, sometimes love has mysterious ways of showing up... besides, I think it's well justified cuz I fell for Dune cuz of his heart and not what he looked like. Like I said it hasn't been easy for us... with the distance and all... we'd both cry on the phone and wonder if we're ever gonna see each other and be together... those were horrible times - we'd miss each other so much that sometimes it rips both of us apart. Then one night came, sometime last December when I proposed to Dune... yes, I was the one who popped



the question first... I remember he said, "That's not fair, I want to ask you that question when you come over so I can ask you in person," but nevertheless he said, "YES," and every night since he'd ask me to marry him. Then the day came when he and I are to meet... I was a nervous wreck. I arrived in Las Vegas while he was at work and the waiting seemed forever... I jumped when the phone rang and Dune was on the other line asking me to meet him in the lobby. So there I was making my way down to the lobby when a man came up to me and started talking like he knew me - I thought, "Oh god, no... came all the way here for this?????" This man was not only overweight but he's not even pleasant-looking. Imagine my relief when I learned it wasn't Dune but just someone trying to pick me up.... Whew! So anyways, to continue... I began my search once again and a familiar voice called my name - that's when I turned around to catch a glimpse of the man I am to spend the rest of my life with... I tell you - I almost fainted... I was so nervous that as he was walking towards me I didn't even realize I was walking backwards till he asked, "Why are you walking backwards?"... and the rest is history... sigh... I always love looking back on the night we met - I fall more and more in love with Dune each time I think of that night.

If you want to check out the chat rooms go to [www.excite.com](http://www.excite.com). Be very careful though. Careful of what information you give out to people. There are horror stories about that also (for next time). But it's nice to know that there are people like Kachine and Dune online who can be good friends even if you're a half a world away. To Kachine and Dune, may the creator smile upon the love that you both share and I raise a virtual glass to toast your marriage. Elvis impersonator or not.

iyiyuu@mail.com



ΔPP' M'DCLUD'

Cree School Board  
Commission Scolaire Crie

## NOTICE

### Cree Education Act Conference

# RECLAIMING OUR CHILDREN'S FUTURE

This is an official notice that a working conference  
on the Cree Education Act will be held in Eastmain,  
Eeyou Atschee on June 2-4, 1998.

Contact person: Paul Gull, Coordinator  
418-923-2764

## How to have a healthy pregnancy

Some women think you should eat a lot more when you're pregnant, and that the more weight you gain the better for your baby. But this is not true — most Cree women need to gain only 15 lbs. to have a healthy baby. Thinner women and teenagers may need to gain around 25 lbs., or sometimes more if they are very thin.

When you're pregnant, you don't need to eat a lot more food, but you should make sure you're eating the right foods. Even if you are taking vitamin supplements, you must eat foods from the four food groups. They are: (1) bannock, bread and cereals, (2) berries, vegetables and fruits, (3) milk and dairy (also fish broth and bones), and (4) meat and meat substitutes (peanut butter, eggs, beans). This will help you gain enough weight for the baby to develop, grow and be healthy. But... pregnancy should be a wonderful experience, so don't deny yourself of your favourite foods completely - enjoy them once in a while and feel good about it!

Another concern for pregnant women is diabetes. Why do some women get diabetes when they're pregnant? Diabetes happens when the sugar level in your blood is too high. Most food is changed into sugar in our stomachs and guts, and passes from there into the blood. During pregnancy, your body goes through many changes and some of these can upset the way sugar is used.

You are more likely to be diabetic during your pregnancy if: you are overweight before you get pregnant; other people in your family have diabetes; you are over 30.

It also depends on the foods you eat. Your chances of getting diabetes can be lowered by keeping active while pregnant, and cutting back on fatty foods like fried foods, hot dogs, chips and soft drinks.

Don't worry too much if you have diabetes when you are pregnant — it doesn't necessarily mean you will have it for the rest of your life. Right after your baby is born, your blood sugar will probably return to normal, but don't kid yourself: it's important for you to lose the extra weight and keep eating right — for yourself. Your baby will most likely be born healthy, but the both of you will have a higher chance of getting diabetes later in life. So take care of yourself and your little ones - eat well, be active, make healthy choices and enjoy life!

Thanks to Elizabeth Robinson and Lucie Leclerc of the Cree Health Board for helping with this article.

-Deantha



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# ***DO YOU OWN FIREARMS?***

**On October 1, 1998 the Firearms Act takes effect across Canada.**

**So... what does that mean?**

**1. As always safety comes first:** The firearms safety course and test, and the rules for storage, display and transportation which are part of the current law are now part of the *Firearms Act*.

**2. Everyone will need a firearms licence in order to register firearms.**  
(Your FAC is considered a licence.)

There are **2 types** of licences (valid for 5 years):

- possession (for the firearms you now own) OR
- possession and acquisition (if you plan to obtain firearms, even if you own firearms now).

**3. Registration** of all firearms begins October 1, 1998. All firearms must be registered by January 1, 2003. You register your firearms only once. You may do so at one bulk price (one price for any number of firearms you register all at the same time).

**4. Fees** for licences and registration rise on a sliding scale.  
It's cheaper in the first twelve months.

Possession licence	\$10	October 1998 - September 1999
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Possession and acquisition licence (rifles and shotguns)	\$60	from October 1998 onwards
---	------	---------------------------

Registration (bulk)	\$10	October 1998 - September 1999
---------------------	------	-------------------------------

**5. Some parts of the *Firearms Act* and licensing regulations have been adapted for Aboriginal firearms users who take part in the traditional hunting practices of their community.**

**To find out more, call 1-800-731-4000**

or visit our web site at <http://canada.justice.gc.ca>

**FIREARMS SAFETY  
IS EVERYONE'S CONCERN**

**Canada**

## Taurus (April 20-May 19)

Venus is this sign's ruler. Thus Taureans are sensualists. Those born under this sign are obsessed with accumulating wealth (yawn...) Earth is their element and because of this, they are said to be practical but constantly wary of the future and its possibilities.

## Gemini (May 20-June 21)

Geminis are ruled by the planet Mercury, which is where their terrible temper comes from. The hate routine with a passion and are deeply afraid of stagnation. Geminis are always looking for a new adventure to experiment with.

## Cancer (June 22-July 22)

Cancer's ruling planet is the Moon, which is linked to nature, parenthood and creation. Security is one of their major goals. Cancerians are often restless and moody, in essence they are highly sensitive to their environment. They require stability and harmony.

## Leo (July 23-Aug 23)

Leos want to lead, and want people to follow them. Leos are

# The Twilight Zone

## Thelma & Louise present: Yourself and your connection to the cosmos

impulsive people who go into a panic when things don't go their way. They want to experience everything and if not, they'll imply that they have anyway. The Sun rules the sign of Leo, that of domination.

## Virgo (Aug 24-Sept 22)

Mercury is the planetary body of Virgo. They are also demanding in their choice of partners. If they don't find the right one, they will prefer to stay single. Virgoans often turn inward to seek deeper meaning for causes and purposes in life.

## Libra (Sept 23-Oct 22)

Libra is ruled by the planet Venus. Therefore Librans are centered on connections-with humans and the environment. People born under this sign are very social people. They love to gossip thus making them excellent hosts for parties.

## Scorpio (Oct 23-Nov 21)

One of the most complex

species in the zodiac because they are ruled by two intense planets: Mars-the God of War and Dominion and Pluto who influences the areas of lust and sex. They are very seductive creatures. Highly jealous and possessive people.

## Sagittarius (Nov 22-Dec 22)

Jupiter rules Sagittarians. They are explorers at heart and are tireless in their pursuit of knowledge. They thirst for new experiences and become bored very easily. Sagittarians have a tendency to be intolerant and impatient with those they view as incompetent.

## Capricorn (Dec 23-Jan 19)

People born under this sign are also ruled by two planets: Saturn and Uranus. Saturn influences cold, methodical thinking and Uranus is the planet of strong will. In essence, Capricorns are driven by single-minded goals. They are highly

ambitious yet progress comes slowly for them.

## Aquarius (Jan 20-Feb 18)

Aquarians are concerned with information and communication of all sorts. These people are free thinkers. Their ideas generally stray away from convention. Uncertainty and deep doubts about their true feelings will cause them to stagnate their inner growth and expansion.

## Pisces (Feb 19-March 20)

Neptune and Jupiter are this zodiac's rulers. The fish of the zodiac are understanding and compassionate people who often forget themselves when helping others. They are driven to share and heal.

## Aries (March 21-April 19)

Arians hate to be constrained. They easily move away from an area that appears too mundane to them. They love conflict and are most likely the ones to initiate an argument. The point of combat, of course, is to win. Arians are just as comfortable with flirting as they are with fighting.

*Wachiya!*



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# CLASSIFIEDS

We would like to wish a special Mother's day to Winnie Moar in Waskaganish. Even though we do not say it often, we love you very much. Thank you for being who you are and all the things you have done for us and our children. All our love, Archie, Janie and family in Chisasibi.

This Mother's day wish is going out to our aunt Connie Pepabano in Chisasibi. We would like to take this opportunity to thank you for the time

and love you have given us. We know it is hard at times for you to do all these things for us, but you still do them. If only you knew how much you mean to us and we love you. From Janie, Elizabeth, Alice and Gloria.

A warm wish to Evelyn Gunner on Mist. Blvd. may all the love you give others come back to you on this special. Have a wonderful mother's day. God bless you. Your secret sister.

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# cree@large

by Ndiamon™

**A**t age 10, Katejun Coonishish is only two years older than his home community of Ouje-Bougoumou. Already he's a three-year veteran and "flying like a bird" in the rough and tumble world of motocross racing.

Racing is in Katejun's blood. Both of his parents, Sydney and Sarah, raced snowmobiles. His career began not long after he witnessed his first minicross race at Montreal's Olympic Stadium. After that race he told his dad, "If you let me race, I'll beat those kids."

Two years later he was the rookie of the year and champion in his 50cc class. He's won two consecutive provincial championships and last summer he placed fourth overall in the Canadian Nationals in Walton, Ontario.

Motocross is not for the timid. Katejun performs jumps that can be more than 70 feet long and go as high as 12 feet high. He has misjudged a jump or two and taken a "stretcher ride" only to ride again the same day with a sore hip.

Katejun has also appeared before huge crowds at racetracks in the United States. Among them Massachusetts, Florida and New York where he finished second. As of this writing Katejun is headed for Syracuse, New York, for some rare practice runs and to qualify in the district. In August he plans on competing in the Loretta Lynn (yes, the Coal Miner's Daughter herself!) Grand National, one of the biggest amateur motocross events in the world.

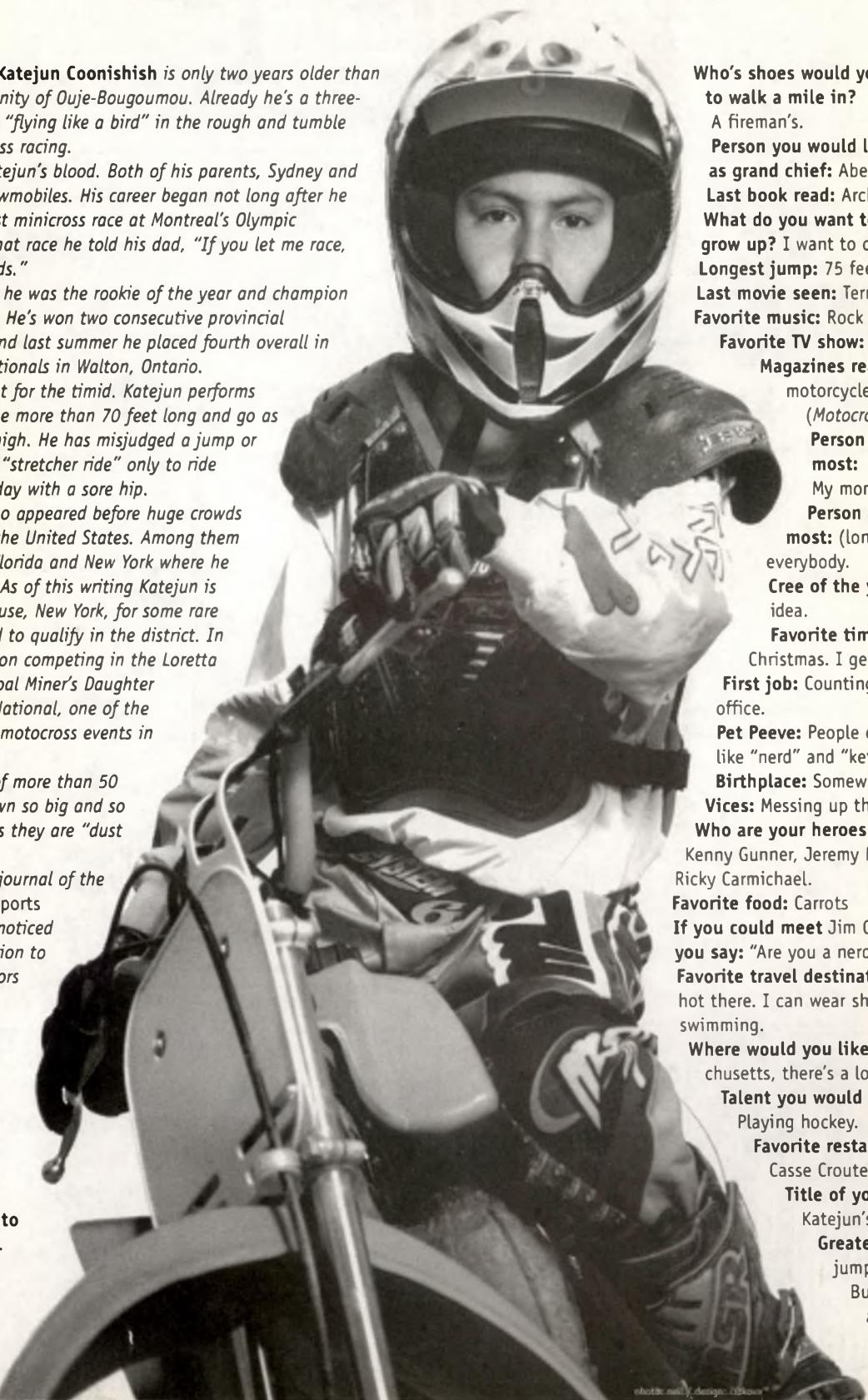
His collection of more than 50 trophies has grown so big and so fast his dad jokes they are "dust collectors."

The must-read journal of the sporting world, Sports Illustrated, has noticed and gave a mention to the kid competitors now call "Ragin' Katejun."

**Most treasured possession:**  
My motorcycle.

**Nickname:**  
Kiwi, because my head is fuzzy.

**Words you love to hear:** I love you.  
**How you would like to be remembered:**  
"You're so handsome."



**Who's shoes would you want to walk a mile in?**

A fireman's.

**Person you would like to see as grand chief:** Abel Bosum.

**Last book read:** Archie comics.

**What do you want to be when you grow up?** I want to continue to race.

**Longest jump:** 75 feet.

**Last movie seen:** Terra Firma 4

**Favorite music:** Rock 'n' roll

**Favorite TV show:** The Simpsons

**Magazines read:** My dad's motorcycle magazines (*Motocross Journal*).

**Person you love the most:**

My mom and dad.

**Person you hate the most:** (long pause)...I love everybody.

**Cree of the year:** I have no idea.

**Favorite time of year:**  
Christmas. I get a lot of gifts.

**First job:** Counting cards at band office.

**Pet Peeve:** People calling me names like "nerd" and "ketchup."

**Birthplace:** Somewhere near Lac Doré.

**Vices:** Messing up the house.

**Who are your heroes in real life?**

Kenny Gunner, Jeremy McGrath, Ricky Carmichael.

**Favorite food:** Carrots

**If you could meet Jim Carrey what would you say:** "Are you a nerd?"

**Favorite travel destination:** Florida. It's hot there. I can wear shorts and go swimming.

**Where would you like to live?** Massachusetts, there's a lot of racing there.

**Talent you would like to have:**

Playing hockey.

**Favorite restaurant:**

Casse Croute in Chibougamau.

**Title of your autobiography:**

Katejun's motocross racing.

**Greatest fear:** A big jump.

But I usually try it and I do it.



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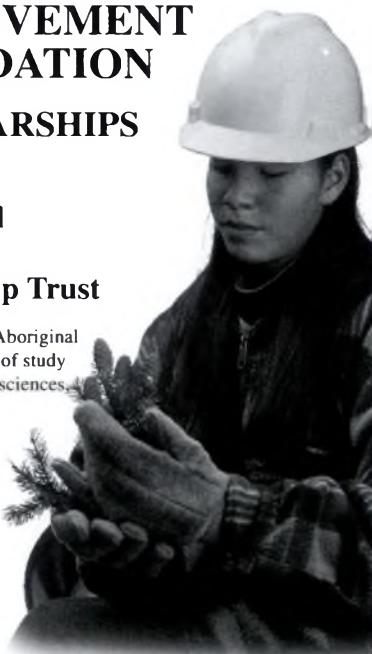
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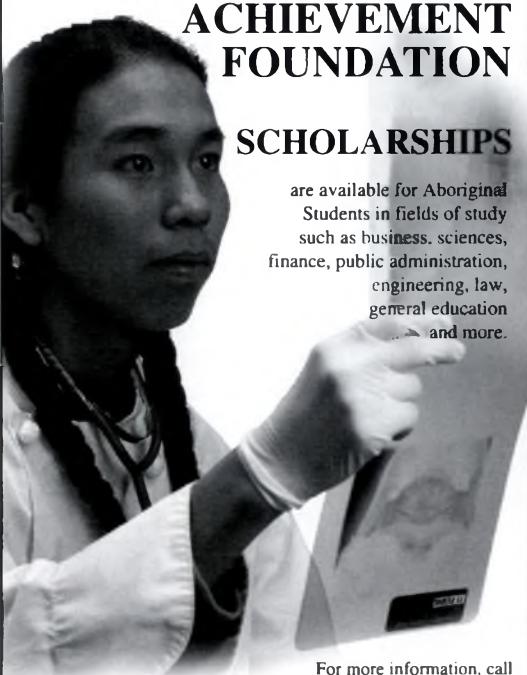
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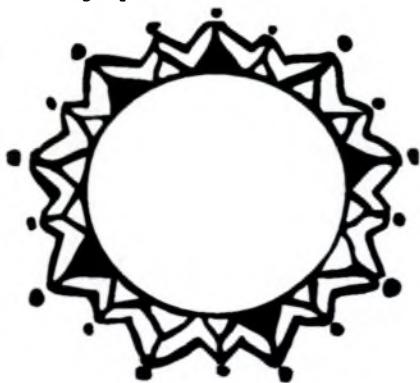


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Miyupimaatisiiukamikw



# Waskaganish Wellness Society

requires a person for the position of

## Executive Director

**Functional Responsibility:** The Executive Director is responsible to plan, direct and monitor all programs and projects to implement Waskaganish Wellness Society Board of Directors Policies and Objectives in the areas to initiate and promote wellness, to develop and implement program having as a goal of a having and a safe community.

Under the direction of the Board of Directors of the Waskaganish Wellness Society, the executive director shall be responsible for the planning, administration, co-ordination of the Society's budget and programs, supervision of the personnel.

### Characteristic Functions:

- Prepares WWS plans and project proposals;
- Conducts planning and review sessions to define clear local requirements;
- Work with the Board of Directors in setting realistic Program and Project Terms of reference and deadlines;
- Reports on project and program operations;
- Coordinates and controls the work of contracted Professional, Legal and Consulting Services;
- Plans, co-ordinates, supervises and directs the Waskaganish Wellness Society's programs;
- Develops an annual budget and seeks funding for the continuation of the administration and operations of the WWS Programs;
- Represents the Society at professional meetings whenever necessary both in the community and outside the community;
- Directs and supervises all personnel;
- Approves purchases of supplies and equipment up to a maximum of \$3,000;
- Submits financial and activity reports to the Board of Directors on monthly basis or whenever required.

### Qualifications:

- Must have a minimum of Secondary V or equivalent combination and experience;
- Must have at least two years of sobriety and maintain a balanced healthy life both at work and outside;
- Must be willing to work with other services in the community;
- Must be willing to take an Oath of Confidentiality in order to maintain the highest level of professionalism and confidentiality;
- Must be able to speak fluent English and Cree would be an asset;
- Must have several years working in the area of substance abuse, program management and addictions;
- Must have knowledge of Federal and Provincial health programs and services;
- Must possess excellent facilitation, counseling, supervision, organizational and leadership skills;
- Must have experience or knowledge of healing programs.

### Salary:

will commensurate with qualifications and experience.

### Please send resumé to:

Susan Esau,  
President,  
Waskaganish Wellness Society  
P.O. Box 419  
Waskaganish, Quebec  
J0M 1R0

**Deadline for applications is on or before May 15th, 1998 at 5:00**